

## CONTRIBUTION OF SHALYATANTRA IN TREATING ANO-RECTAL DISORDERS, PARTICULARLY ARSHA, BHAGANDARA, GUDABHRAMSA AND PARIKARTIKA

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### 1. ABSTRACT

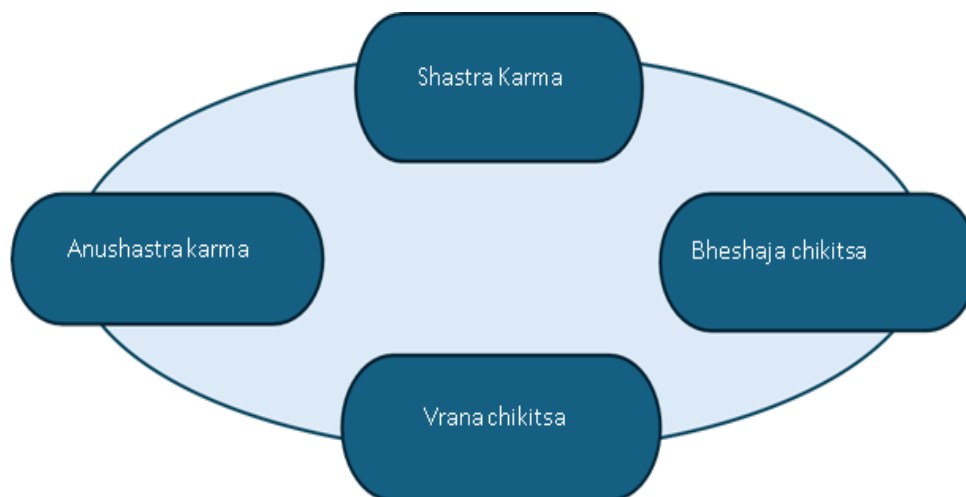
Ayurveda, the ancient Indian system of medicine, places significant emphasis on surgical interventions and their application in treating various disorders, especially those affecting the ano-rectal area. Shalya Tantra, recognized as Ayurveda's surgical branch, employs both surgical and para-surgical techniques to address diverse health conditions. It offers effective remedies for ailments such as abscesses, cysts, hemorrhoids, urinary calculi, wounds, bladder stones, and other ano-rectal issues. Additionally, this discipline plays a vital role in post-fracture recovery. Utilizing specialized instruments and tools, Shalya Tantra demonstrates broad utility in managing ano-rectal disorders. This article explores the principal contributions of Shalya Tantra to the treatment of select ano-rectal conditions.

**KEYWORDS:** Ayurveda, Shalya Tantra, Surgery, Ano-rectal, Arshas, Bhagandara, Gudabhramsa Parikartika.

### 2. INTRODUCTION

Shalya Chikitsa, a surgical discipline in Ayurveda pioneered by the ancient sage Sushruta, is detailed extensively in the Sushruta Samhita. This text provides vast insights into surgical

techniques and the management of conditions requiring operative care. The branch addresses various ailments, such as trauma, neoplasms, obstetric issues, bone fractures, lacerations, and ano-rectal disorders. Per Ayurvedic principles, conditions like Gandamala, Arbuda, Gud-bransh, Mutravaodh, and Ashmari respond well to surgical interventions.<sup>[1-3]</sup>



**Fig. no. 1: Major Approaches of Ayurveda Shalya Tantra.**

Figure 1 illustrates the primary therapeutic modalities employed in Shalya Tantra. Figure 1: Key methods in Ayurvedic Shalya Tantra. Shalya Tantra employs specialized Shastra (blades), Yantras (instruments), sutures, and ancillary tools for performing surgeries.

Choosing the right tools and following precise operative protocols are crucial for achieving favorable results. Attention to post-operative care is equally vital to accelerate healing after procedures. This article explores the application of Shalya Tantra in managing select ano-rectal disorders.

#### **Shalya Tantra in Arshas<sup>[4-6]</sup>**

Acharya Sushruta outlined multiple strategies for managing Arsha based on the dominant Dosha involved. In particular, Shalya Tantra employs the following interventions for Arsha treatment: Shastra karma, Kshara Karma, Agni Karma, Shastra Karma is indicated when conservative therapies fail, though it carries risks such as infection, anal stenosis, and hemorrhage. Hence, strict precautions are essential during its execution for Arsha. Kshara Karma proves particularly useful in cases unsuitable for other methods. Chakradatta describes Ksharasutra for Arshobhangadara, made from Snuhi and Haridra powders. This technique offers benefits like low invasiveness and typically no need for anesthesia. The ligation process also curbs disease recurrence and avoids anal stricture formation. Agnikarma benefits

Vataja and Kaphaja Arsha, especially variants with traits like Kathina, Parusha, Karkasha, or Sthira. It effectively excises the Ankura, minimizing relapse risks. By targeting the root cause of ano-rectal issues, Agnikarma delivers comprehensive symptom relief and halts disease progression.

### **Shalya Tantra in Bhagandara**<sup>[7-8]</sup>

Bhagandara, a prevalent ano-rectal ailment classified among the Ashtamaharoga for its intensity and tendency to recur, benefits from Chedana as a key therapeutic choice. This procedure localizes inflammation, facilitates pus drainage, and averts secondary infections through appropriate post-operative protocols. Classical remedies such as Navakarshika Guggulu, Narayan Rasa, Saptavinshako Guggulu, Vidangadi Leha, and Saptanga Guggulu support Bhagandara management.

Recommended therapies include Eshana, Patana, Marga Vishodana, Dahana, Vranachikitsa, and Ksharasutra. As a para-surgical option, Raktamokshana via Jaloukavacharana is advised; it inhibits suppuration of Bhagandara Pidaka, curbs inflammation, and combats infection. Agnikarma aids Bhagandara by preventing relapse and providing hemostasis. Likewise, Kshara Karma serves as a para-surgical intervention, aiding wound excision while its antimicrobial properties in the suture reduce infection risks.

### **Shalya Tantra in Gudabhransa**<sup>[9-11]</sup>

Rectal prolapse occurs when the rectum abnormally extends beyond the anus. This disorder is more common in females and individuals with chronic constipation or other ano-rectal conditions. Ayurveda classifies it as Gudabhransa within Kshudra Rogas and recommends various treatments, including Kshara application. Apamarga Pratisaraneeya Kshara stands out as an effective option for such cases. For deeper surgical or para-surgical interventions, local anesthesia precedes the intra-operative steps. Spinal anesthesia with the patient in lithotomy position facilitates the procedure. Circumferential application of Apamarga Pratisaraneeya Kshara on the rectal mucosa, starting from the mucocutaneous junction, is advised. The Kshara can then be rinsed with Nimbu Swarasa, followed by repeating the circumferential process as needed. Post-procedure care includes packing the area with gauze soaked in Yastimadhu Taila for its calming and cooling properties.

Proper wound dressing and post-operative protocols accelerate healing. Patients should adhere to the dietary and lifestyle guidelines outlined in the referenced texts.

### **Shalya Tantra in Parikartika<sup>[12]</sup>**

Parikartika resembles anal fissure, a painful affliction often stemming from complications of Atisar, Grahani, or Arsha. It typically results from improper diet and lifestyle practices. Ayurveda proposes diverse treatments for Parikartika, with Shalya Tantra playing a pivotal role. Key surgical techniques include: Internal sphincterotomy (open or closed techniques) Blunt sphincterotomy Fissurectomy The dominant Dosha significantly influences the selection of therapy for Parikartika management. Evaluating vitiated Vata and Pitta, alongside identifying any associated abdominal conditions, is crucial. Post-operative strategies enhance recovery from these interventions.

### **Orthopedic Perspective of Shalya Tantra**

- Management of degenerative joint and bone disorders such as osteoarthritis.
- Treatment of musculoskeletal injuries including fractures and joint dislocations.
- Care of spinal conditions like lumbar and cervical spondylosis along with other vertebral disorders.
- Management of conditions such as tennis elbow and calcaneal spur, among others.

### **Advantages of Ayurveda Shalya Tantra<sup>[13-15]</sup>**

- This branch has significantly contributed to the foundation and evolution of modern surgical concepts.
- It offers advanced surgical techniques aimed at removing harmful or obstructive elements from the body.
- When medicinal therapy alone is insufficient, this discipline plays an important role in effective disease management.
- It remains one of the most commonly applied approaches in Ayurveda, especially in urgent or emergency situations.
- Patients often experience quicker recovery and may return to normal activities within a short period after surgical procedures.
- It emphasizes strict aseptic precautions to prevent infection in vulnerable conditions.
- Various procedures are employed to clear obstructions and restore the normal physiological balance of the body.
- It is useful in the management of conditions such as hernia, gallstones, kidney stones, and even certain types of tumors.

### 3. CONCLUSION

Shalya Chikitsa represents Ayurveda's surgical arm, pioneered by the ancient sage Sushruta and richly documented in the Sushruta Samhita. This discipline offers profound guidance on operative methods for conditions demanding surgical care, including trauma, growths, fractures, lacerations, and ano-rectal disorders. Ayurvedic texts highlight the efficacy of surgery for ailments such as Arbuda, Gud-bransh, Arsha, Parikartika, and Bhagandara. For Parikartika, options like internal sphincterotomy and fissurectomy may be suitable. Arsha benefits from Shashtra Karma, Kshara Karma, and Agni Karma, while Bhagandara responds to Patana, Marga Vishodana, Dahana, and Ksharasutra. Rectal prolapse (Gudabhramsas) also has multiple remedies, with Apamarga Pratisaraneeya Kshara emerging as a particularly effective para-surgical choice.

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